

# BEST PRACTICE CATALOG

Project Title: **MULTICULTURAL SERVICES**

Function Category: ☒ PATIENT-FOCUSED   ☐ ORGANIZATION   ☐ STRUCTURES

Subcategory: **Care of Patients**

Heading: **Programming**

Key Word(s): **Multicultural Services**

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Hospital: **Atascadero State Hospital**

**Purpose:** Ethnically diverse patients admitted to a mental health treatment center may bring with them beliefs and cultural morals, which preclude acceptance of mental illness and raise barriers to the treatment process. Multicultural Services provides assessment and treatment activities to help patients become focused on treatment process.

**Brief Description:** Provide treatment which recognizes ethnic influences. Primarily utilized as a treatment readiness activity with added support groups. The goal is to enhance self esteem and thus influence otherwise negative thoughts and behaviors. Recognition of ethnically specific holidays and events of ethnic significance facilitate integration into the hospital milieu.

**Selection Basis/Criteria:** Patients otherwise unable to take part in scheduled treatment activities are referred by their interdisciplinary treatment teams, as part of their integrated treatment plan.

The following items are available regarding this Best Practice:

☐ Photographs   ☐ Video Tape   ☐ Drawings   ☒ Manual

☐ Other:

DATE SUBMITTED: **October 8, 1998**

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